Warriors to Winners

NAVY AND MARINE CORPS COMBAT & OPERATIONAL STRESS CONFERENCE 2010:

"TAKING ACTION, MEASURING RESULTS"

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COSC

COMBAT & OPERATIONAL STRESS CONTROL

HOME
0
FOULS
0
SCORE

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Front Line Defense

- **Service**- Immediate return to CONUS & family notification.
- **Family**- Getting families to the bedside is extremely vital in relieving the stresses for everyone. (48 hours from TOI)
- **Friends**- Reconnecting with old comrades and home.
- **Support group**s- VFW, American Legion, MOPH, MCL
- **Non-profits**- (i.e.. Injured Marine Semper Fi Fund / Soldiers' Angels) helping to relieve the financial burden of living out of hotels, lost wages (spouses and parents), and many other forms of assistance. (sports equipment, PDA's, laptops)
- **Unit reunions** - The best medicine for licking wounds! The Veteran's Airlift Command is the most memorable mode of transportation for this.

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WOUNDED WARRIOR RESOURCE CENTER: 1.800.342.9647

National Resource Directory

An Online Partnership for Wounded, Ill and Injured Service Members, Veterans, Their Families and Those Who Support Them

Advanced | Search | SEARCH

PRINT THIS PAGE | TEXT SIZE A A A | Full Graphics | SET

INFORMATION BY SUBJECT

- Benefits & Compensation
- Education & Training
- Employment
- Family & Caregiver Support
- Health
- Homeless Assistance
- Housing
- Transportation & Travel
- Other Services & Resources

INFORMATION BY STATE OR TERRITORY

Select a location... | GO

NATIONAL RESOURCE DIRECTORY

The National Resource Directory (NRD) provides access to services and resources at the national, state and local levels that support recovery, rehabilitation and community reintegration.

ABOUT US »

STAY CONNECTED

- Link to Us
- Suggest a Resource
- Receive E-mail Updates
- RSS Feeds
- Bookmark and Share

Find a Facility or Records

IN THE SPOTLIGHT

VA Launches Hotline for Homeless

IN THE NEWS

Senators support Tricare coverage to age 26

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The ROLE of the non-profit.

Relearning- For all of us returning from combat with war injuries we must learn how to adjust to our injuries whatever they may be.

Our- This does not only effect the wounded service member. Family, friends, co-workers, even strangers are affected by seeing and dealing with injuries.

Lives- Our lives will never be the same because we are forever changed.

Exceptionally- It is my belief that the generosity of non-profits across the country can help all of us live exceptional lives!

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Serving Those Who Preserve Our Freedom

Semper Fi Fund

"Serving those who preserve our freedom."

Semper Fi Fund Receives A+ Rating from the American Institute of Philanthropy!

Report to be published in April or May. More soon!!

See our latest newsletter!

Donate Now

How you can help

CFC# 11459

Veterans Resources Page:

Semper Fi Fund Info Tool Box

Host or attend an Event!

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SEWING OUR SUPPORT FOR OUR TROOPS

Sew Much Comfort

501(c) 3 Public Charity Organization

Home | Contact

Sew Much Comfort

About Us | The Need... | Donations | Seamstress Info | News

Mar 2 2009
2009 Public Spirit Award from American Legion Auxiliary

DONATIONS

It's refreshing to see that the public still supports their military through cards, gifts and prayers.

Lt. Col. Richard Eaves
Balad Air Base, Iraq

Welcome to Sew Much Comfort

Adaptive Clothing Order Form

If you are a wounded servicemember (or family of a wounded servicemember), you may order adaptive clothing directly from Sew Much Comfort. Use this Adaptive Clothing Order Form.

Serving Those Who Serve Us:

Sew Much Comfort provides adaptive clothing at ***no cost*** to support the unique needs of our injured service members from all branches of the military and national guard. The need for our adaptive clothing continues to grow as American military members continue to be injured serving in our current conflicts.. Each week, many wounded military members arrive in the States from Germany for extensive medical treatment for bullet wounds, burns, head and limb injuries and amputations. We also support many previously injured and their needs as they change during the recovery process. These injuries require large fixator, prosthetics and casts that are too bulky to fit under ordinary clothing or underwear. Without adaptive clothing the only option for them is a hospital gown. Sew Much Comfort is the **only** organization providing adaptive clothing at **no cost** to our wounded service members.

All our adaptive clothing was designed with input from the wounded and medical personnel. Our wardrobe options continue to evolve as we strive to meet the needs of our injured service members, Our clothing gives the service member and medical personnel the ability to have ready access to their injuries utilizing the adaptive openings in our clothing. The adapted clothing allows injured service members to have their clothing appear the same as normal civilian attire; an attribute which helps facilitate a more natural and comfortable recovery. The clothing is adapted from either store bought garments or sewn with our custom designed patterns.

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THE Aleethia FOUNDATION

supporting those who serve

- Home
- The Aleethia Mission
- Major Sponsors
- Who We Are
- How We Began
- Tax Forms
- Newsletters

The Aleethia Foundation supports recently injured troops in their rehabilitation upon returning home

DEAR FRIENDS AND SUPPORTERS OF THE ALEETHIA FOUNDATION:

Thank you for visiting the Aleethia Foundation's web site. We are a small non profit dedicated to helping the newly injured troops. We are just a few people, all volunteers, trying to aid in the initial phase of recovery. We do this by providing dinners and short term recreation outings and small grants.

We have been doing dinners every Friday night since October of 2003. We occasionally take pictures and post them on this site. Most of the dinners are paid for by contributions from individuals and a few from corporations. Some corporations will sponsor a dinner thereby picking up the cost of an entire dinner. The dinners cost from $3,000 to $5,000 per week.

Please visit the events portion of this web site to see pictures of the wonderful troops that have been so seriously injured. While most of the troops are combat wounded, some have been injured in other ways. We support all troops that have put on the uniform for this country. How the injury was received in not of concern to us. We appreciate all service. Some of the injuries are from accidents in a combat zone, just not inflicted during a combat operation.

Thank you for visiting The Aleethia Foundation. Your support for the troops is greatly appreciated.

THE ALEETHIA FOUNDATION APPRECIATES ALL SUPPORT. YOU CAN CONTRIBUTE TO THE SUPPORT OF OUR ACTIVITIES BY GOING TO THE SUPPORT SECTION OF THIS WEBSITE.

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THE ARMED FORCES FOUNDATION

ABOUT US | OUR PROGRAMS | FAMILY ASSISTANCE | NEWS & EVENTS | MULTIMEDIA | CONTACT US

Serving Those Who Serve

The Armed Forces Foundation is a national non-profit organization which is listed as an America Supports You Homefront Group resource by the Department of Defense. We are dedicated to providing solace to members of the Armed Forces community during their time of greatest need through our programs.

Join AFF Marine Corps Marathon Team

Subscribe to our free newsletter

Family Assistance **Watch Our Video**

Your Financial Support Makes a Big Difference

We provide direct financial support to Service Members and their families for:

- everyday living expenses
- housing improvements
- transition and career counseling
- funeral arrangments
- counseling and family retreats
- paying airline tickets and hotel bills so that military families can be near their loved ones during trying times...**94% of all donations go directly to military members and their families**

Tax deductible donations: CFC#12247

Donate Now

1 2 3 4 5 6 7

AFF-Silver Star Tee-shirt makes debut at UFC fan expo in Las Vegas

The Silver Star-Armed Forces Foundation support tee was created to honor and support heroes like 1 LT Christopher Carlsen and CPT Mark Little. With every purchase of the Armed Forces

Soldiers' Angels

"May No Soldier Go Unloved"

Donate
Authorize.Net Simple Checkout

Main Menu

- Home
- Donate
- Join or Adopt
- Teams & Projects
- Contact Us

Resources

- Store
- Search
- FAQ
- News & Press
- Sponsors
- Login

April's Mission

Month of the Military Child - Gift for Kids!

Waiting for Adoption!

*Drum Hike for Our Heroes Begins **TODAY***

Heroes Waiting

for Adoption

Get Our Weekly Newsletter!
Email: Submit

About Us

Soldiers' Angels is a volunteer-led 501(c)(3) non-profit with hundreds of thousands of volunteers providing aid and comfort to the men and women of the United States Army, Marines, Navy, Air Force, Coast Guard, veterans and their families (Tax ID# 20-058-3451). Learn more here!

Teams & Projects - How to Help

Click here for a list of teams and projects!

Major Chuck Ziegenfuss delivers a Valour-IT laptop to a fellow wounded warrior at Brooke Army Medical Center during a BBQ for warriors and their families, sponsored by Soldiers' Angels. Over 30 laptops were given to wounded warriors at the facility last weekend as part of the celebration of the new Soldiers' Angels warehouse run by veterans. Over 4,000 veterans have received laptops from Soldiers' Angels in less than five years of Valour-IT's existence.

News

News Archives

Drum Hike Begins Today!
Category: General

Zac Brown & Ram Trucks Join Angels
Category: General

A Very Special Thank You
Category: General

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Providers of world class physical rehabilitation are not enough for today's wounded warriors.

- WAR Warrior Athlete Rehabilitation (program)
- Team Semper Fi (IMSFF)
- DS/USA
- Team River Runner
- Team Achilles (Freedom Team)
- SUDS (Soldiers Undertaking Disabled SCUBA)
- Project Healing Waters
- USA Warriors Hockey (standing & sledge teams)
- Wounded Warrior Project
- Hope for the Warriors
- This list just scratches the surface of those who are reaching out to show their support!

Combat psychology

Military recruits sports methods

MORE SECURITY STORIES
Pentagon to revise personal guns policy
Obama: Afghan war going better
Tehran says uranium has been more enriched
World Trade Center steel returns home

By Shaun Waterman THE WASHINGTON TIMES

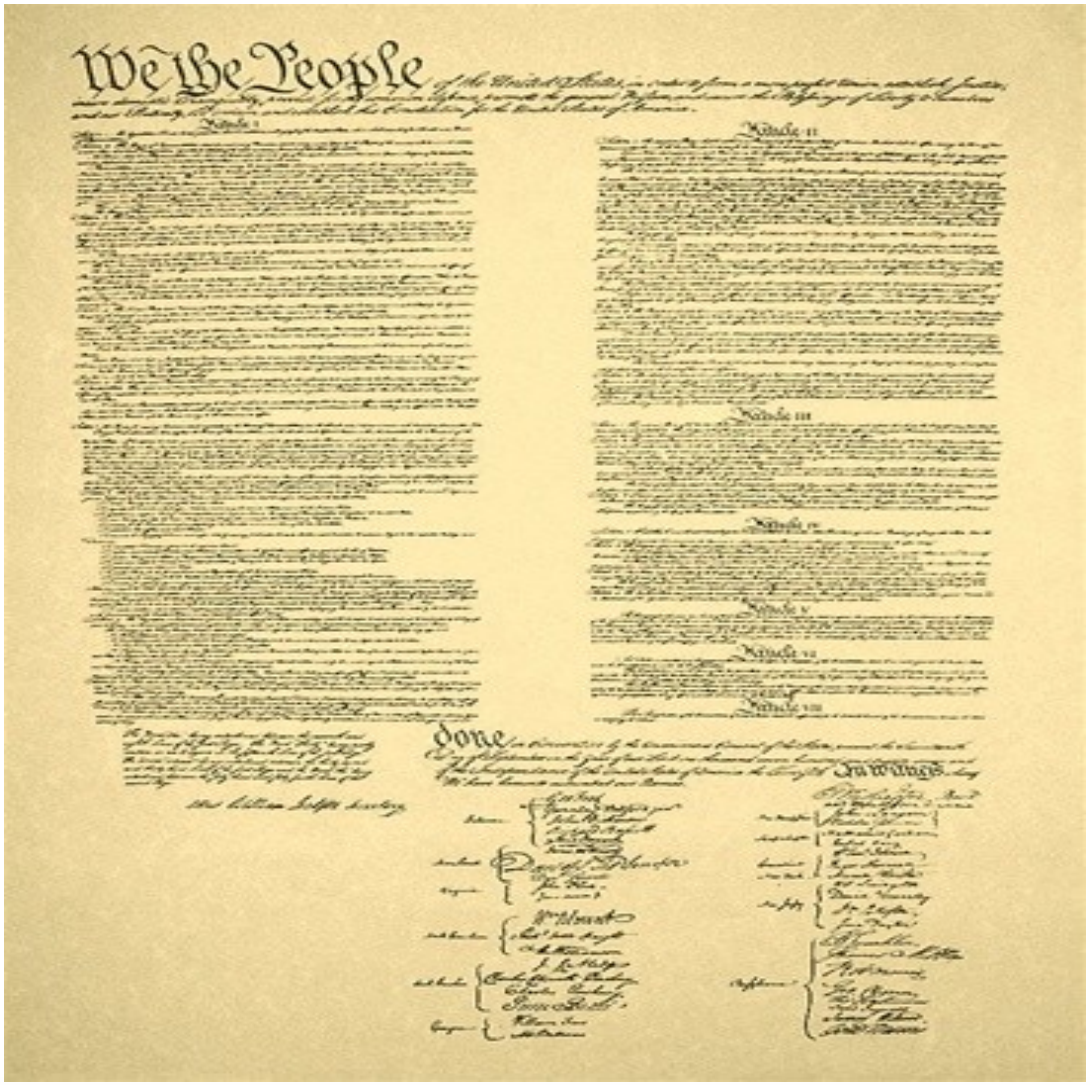
An Army pilot project is teaching soldiers techniques drawn from sports psychology such as visualization and bio-feedback to help deal with stress and other mental consequences of combat.

"People that study human performance the most carefully recognize the connection between the physical and mental elements of success ... especially at moments of truth," said Lt. Col. Greg Burbelo.

Col. Burbelo is director of the Army Center for Enhanced Performance (ACEP), a project developed for Olympic athletes - and previously used by trainers with elite West Point cadets and special forces - and applying them to basic training for Army recruits and on-the-job "professional development" for active-duty soldiers.

"We've figured out how to do this for our 4,000 cadets," said Lt. Col. Carl Ohlson of the U.S. Military Academy. "Now we have to figure out the best way to scale and refine that for the whole Army."

Goal Setting:



Promote
Form
Establish
Ensure
Provide
Secure

Goal Setting formula:
[Verb (active)] - **[noun]** - to - **[standard]** - by **[a time]**

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Warrior Athlete Rehabilitation Program
The WAR program is a physician referral, command referral, and/or individual referral based reconditioning program. A variety of physical (sports) and mental activities are individually designed according to the Marine's needs, desires, and physician's recommendations. WAR Instructor's have advanced knowledge and experience, thus providing the Marine with the best training possible.
The goal of the program is to increase functional ability so the Active Duty member can either return to full-duty, or transition to civilian life more healthy, productive, and capable.
Please contact the WWBn-E Program Manager at (910) 449-9577 with any questions or concerns.

- AQUATIC TRAINING
- BOWLING
- CYCLING
- EQUINE THERAPY
- FITNESS/WEIGHT TRAINING
- GOLF
- KAYAKING
- MOUNTAIN BIKING
- ROWING
- SAILING
- SCUBA DIVING
- SNOW SKIING
- SURFING
- WHEELCHAIR BASKETBALL
- WEIGHT CONTROL
- YOGA - iRest
- ZOO

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Effects of inactivity:

Risk of further injury[1]
Decline of personal perception
Increased risk for other disease processes
Increased surgical risk and poor wound healing[2,3]
Increased rates of depression and suicide[4,5]

1. Reynolds 2002
2. Cottam 2003
3. Lamas 2002
4. Kress 2006
5. Magnusson 2006
6. Ratey, John J. (2008). SPARK: The Revolutionary New Science of Exercise and the Brain. Little, Brown and Company, New York.

Effects of activity:

Decreased risk of heart disease
Decreased risk for diabetes
Improved ability to manage stress
Lengthens lifespan
Increases your capacity to do work
Lessens fatigue and tiredness
Decreases recovery time for MS injuries
Decreases stress [6]
Decreases depression [6]
Decreases anxiety [6]
Helps to manage addiction [6]

Dr. Lynn Heirakuji takes time out to visit The Old Guard.

Story Highlights

- Dr. Lynn Heirakuji met with wounded warriors during a tour of The Old Guard at Ft. Myer.

May 01

By **Maj. Steven Cole**

By: Maj. Steven Cole.

Dr. Lynn Heirakuji, Deputy Assistant Secretary Army for Manpower and Reserve Affairs (Personnel Oversight) spent two hours visiting The Old Guard watching the General Officer Retirement Ceremony practice, touring the Caisson Barn, visiting with wounded warrior who were participating in the therapeutic

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DISABLED SPORTS USA
Since 1967
"If I can do THIS, I can do ANYTHING!"

Home | Site Map | Visual Impairment (VI) Info | Contact Us

About DS/USA | Programs | Calendars | Chapters | Donations

"If I can do this"

"I can do anything!"

The Mission of Disabled Sports USA is to provide national leadership and opportunities for individuals with disabilities to develop independence, confidence, and fitness through participation in community sports, recreation and educational programs.

Donate Today

Rebuilding the lives of our Wounded Warriors through sports

Wounded Warrior
Disabled Sports Project™

DISABLED SPORTS USA
Since 1967

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The greatest casualty is being forgotten.

Home | About | News | Calendar | Donate | Get Involved | Sponsor | Careers | Contact | For Warriors

You are here: Home

DONATE NOW

Warriors & Caregivers
CONNECT
with your peers today!

Programs

- Advocacy
- Alumni
- Benefits Counseling
- Caregivers Retreats

Featured News

Family Caregiver-Assistance Legislation on the Horizon!

Wounded Warrior Project eagerly anticipates the passage of the Caregivers and Veterans Omnibus Health Services Act. With strong caregiver-assistance provisions, this bill, which looks to pass in the coming weeks, offers critical support to the families who care for our nation's most severely wounded warriors.

It has been a long journey but one worth the challenge to ensure our wounded warriors and their families have the financial, emotional, and medical assistance they need to care for those veterans from Iraq and Afghanistan who were so severely injured in the line of duty they require round-the-clock care.

These are just some of the stories that have touched our hearts along the way.

We welcome you to sign up to receive an email alert when the bill is signed into law.

SOLDIERS UNDERTAKING DISABLED SCUBA

SUDS

PROGRAM DESCRIPTION
CALENDAR
FAQS
TRIP UPDATES
SPONSOR A SOLDIER
STAFF
SOLDIER SPOTLIGHT
PHOTO GALLERY
FACILITY SEARCH
CONTRIBUTORS
MEDIA

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Subscribe Now!

MISSION STATEMENT

Soldiers Undertaking Disabled Scuba (SUDS) at Walter Reed Army Medical Center (WRAMC) and National Naval Medical Center (Bethesda) is designed to help improve the lives of injured veterans returning from Iraq & Afghanistan. By training the warriors in a challenging & rewarding activity it can help facilitate the rehabilitation process & promote mobility. Offering this venue provides the soldier with a sport they can enjoy throughout their life. SUDS is a 501 (c) 3 non-profit organization & a chapter of the Wounded Warrior / Disabled Sports Project.

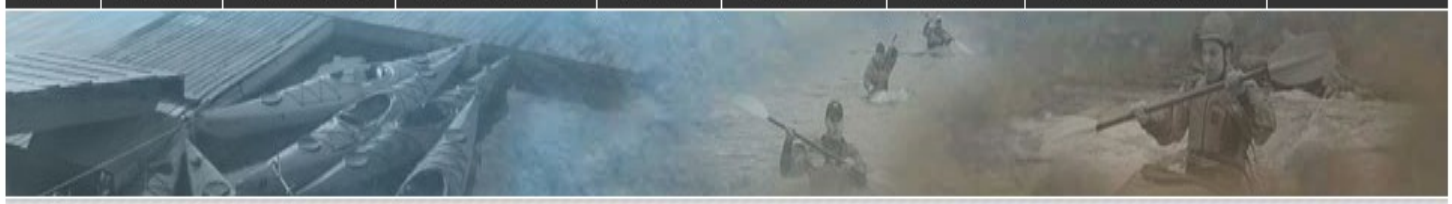
**Donate to SUDS through the Combined Federal Campaign!!
CFC# 94754
We are registered with the National Capital Area CFC.

Please click here for more info

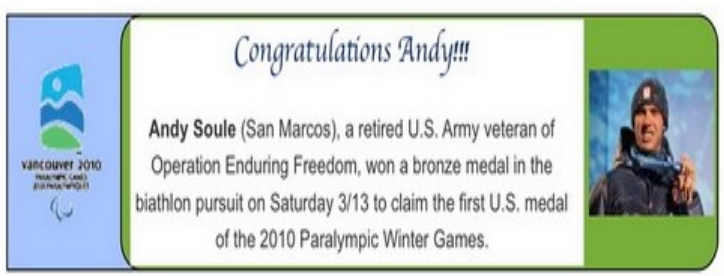
Sign up for the newsletter to get updates on recent trips, soldier stories and fundraising efforts in your area!

TEAM RIVER RUNNER

Health and Healing Through Whitewater Boating



Kayaking for Wounded Warriors and Their Families


Congratulations Andy!!!
Andy Soule (San Marcos), a retired U.S. Army veteran of Operation Enduring Freedom, won a bronze medal in the biathlon pursuit on Saturday 3/13 to claim the first U.S. medal of the 2010 Paralympic Winter Games.

AMVETS honors Team River Runner founder Joseph Mornini, Rep. Tim Walz for continued service to veterans.

WASHINGTON, March 19, 2010— On Saturday, March 20, AMVETS will present its prestigious Silver Helmet Awards to champions of veterans' service during a black tie celebration at the Hilton Washington Dulles in Herndon, Va. Commonly referred to as "The Veterans' Oscars," the Silver Helmet recognizes excellence and outstanding accomplishment in the fields of Americanism, defense, rehabilitation, congressional service and civil service.

TRR in the News

- ○ Sat, 04/10/2010
  TRR Paddler Mike Blair in the News!
- ○ Sat, 04/03/2010
  Horse sense
- ○ Wed, 03/24/2010
  Key Largo Trip makes headlines
- ○ Sat, 03/20/2010
  Our Executive Director Joe Mornini Receives AMVets Silver Helmet Award!
- ○ Tue, 03/16/2010
  TRR Paddler Andy Soule wins Biathlon Bronze at Paralympics!
- ○ Mon, 03/15/2010

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Achilles INTERNATIONAL

Our mission is to enable people with all types of disabilities to participate in mainstream athletics in order to promote personal achievement, enhance self esteem, and lower barriers to living a fulfilling life.

"I'm doing more now than I ever did before getting injured. A lot of it is because of organizations like Achilles. I want to show that I can still get out there and do things."

1st Lt. Melissa Stockwell
Iraq Veteran

NEWS & EVENTS

Achilles is on the move - competing in events around the world.
Join us *Sunday, June 27th in Central Park for the Hope & Possibility 5 Mi* This race is a qualifier<

Read more

MEET OUR MEMBERS

Our 7th annual Hope & Possibility 5 Mile Run/Walk race was held on June 28th. Among the inspiring member competitors: Minda Dentler, 1st place winner in the pushrim division; Aquilo Calderon, from our Equador chapter, 1st winner place in

MEET OUR VOLUNTEERS

John Stanton, from Toronto Canada, along with Mike O'Dell and Bill Ransom, were volunteers who ran with Achilles member Brian MacLean in recent Boston Marathon. Brian credits his volunteer team with helping him complete the marathon

Become a volunteer
Become a member

DONATE NOW

Serving Those Who Preserve Our Freedom

Semper Fi Fund

"Serving those who preserve our freedom."

Welcome to the Semper Fi Fund Sports Page!

Home page for Team Semper Fi and our Community Athletes!

Team Semper Fi Sports Program

"Recovery Through Sport"

The heart and inspiration of IMSFF's Athletic Program, Team Semper Fi is made up of Service Members who have received (or who qualify for) assistance from IMSFF.

Members of Team Semper Fi with General James T. Conway, Commandant, USMC at the 2007 Faces of America Bike Ride • Gettysburg, PA • 04.28.2007

The Team Semper Fi (TSF) Sports Program was established in 2006 by the Injured Marine Semper Fi Fund (TSF History) as an extension of the assistance the Fund provides to those who are injured in combat and training. The sole purpose of the program is to assist in the recovery and rehabilitation of our Veteran Athletes, and provide inspiration to all of the Veterans we serve.

The idea for Team Semper Fi was inspired by those wounded Marines and Sailors who refused to let their challenges prevent them from competing in athletic events, and whose drive and determination was inspirational to us all.

They are the servicemen and women who have overcome significant challenges

Donate Now

How you can help
CFC# 11459

Join Us for the 2010 Historic Half Marathon!

Marine Corps Marathon

TSF Schedule

Next Practice - 20 April 2030hrs at Laurel

Welco

Home

SELECT A TEAM

Sled

Standing

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Coaching Staff

Email Signup

Photo Gallery

Master Schedule

USA Warriors Mission Statement

Contact USA Warriors Hockey

Donate to USA Warriors Ice Hockey

Login

USA Hockey Disabled Festival.

2010-04-12

There were all ages represented, but my main reason for going was to see the warriors from WRAMC (Walter Reed Army Medical Center) battle it out with warriors from BAMC (Brooke Army Medical Center

FULL STORY...

Warriors battle National Amputee Team

2010-04-11

The Warriors battled the USA Hockey National Amputee team. But the National team came out with the victory.

FULL STORY...

Warriors Defeat Capitals Alumni

2010-04-10

Warriors overtake DC Law/Capitals Alumni 10-9. Goal scored during last round of shoot out, after game was even at end of 3rd.

FULL STORY...

USA Disabled Hockey Festival

2010-04-06

Adult "B" Sled Hockey

Next Game

There are no upcoming games scheduled.

I need affordable auto insurance.
My age is...

16-19 years old
20-24 years old
25-29 years old
30-34 years old
35-39 years old
40-44 years old
45-49 years old
50+ years old

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PROJECT HEALING WATERS FLY FISHING

FLY BOX

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- How You Can Help
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- Partners & Sponsors
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HELP US OUT

Buy Stuff and Help Us Out
Get the gear that you would need anyway by clicking here and help out PHWFF.

MIDCURRENT

THE RIVER JUST KNOWS

Project Healing Waters Fly Fishing, Inc. is dedicated to the physical and emotional rehabilitation of disabled active military service personnel and veterans through fly fishing and fly tying education and outings.

ROSE RIVER FARM RFR
See you at the 4th Annual PHWFF 2 Fly Tournament May 2, 2010

MOSSY CREEK INVITATIONAL 2010
Mossy Creek Invitational PHWFF Fly Tournament June 5, 2010

WILDERNESS NORTH
Join Us in Canada!
for PHWFF's 3rd Annual Healing on the Albany July 15-20, 2010

HATCHES

Announcements

John Colburn 1929-2010
view...

Orvis Rods and Reels Awarded to Outstanding Individuals
view...

A big "Thank You" to Al & Loralee West
view...

Commissary Cause Marketing Program Nets $95,000 Contribution for Project Healing Waters
view...

Mike Hatfield honored with Patriot Award
view...

PHWFF featured on Saltwater Experience
view our saltwater page...

PHWFF Stephan Mace Memorial Fund Established
view...

Real American Stories segment on PHWFF airs on

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"Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices."

- President Harry S Truman
WWII Memorial Washington DC

. . . . . **HOPE FOR THE WARRIORS®**

2009 4 Seasons of Hope

REGISTER FOR THE ING NYC MARATHON NOW!

The Got Heart, Give Hope Gala
Washington, DC; April 22
For more information about the event or for sponsor opportunities, email Bevin Taylor

Princeton University Run For The Warriors®
Princeton University, Princeton, NJ; April 25, 2010; 9:00am .
For more information or to register see: Princeton Run For The Warriors®

5th Annual Run For The Warriors®
Jacksonville, NC; May 15
We have added a half marathon for this anniversary event, in additon to the 10k, 5k and 1 Miler.
REGISTER NOW!

Team Hope For The Warriors®
runs the Marine Corps Historic Half Marathon
Sunday, May 16; Quantico, VA

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- **Motivation**- what drives you
- **Accountability**- who are you accountable to
- **Responsibility**- take a proactive stance
- **Integrity**- your moral compass
- **Nourishment**- physical and spiritual food
- **Energy**- kinetic vs potential
- **Strive for synergy**- ie mental, emotional, physical, and spiritual self, cooperating advantageously towards a final outcome.

- "You can only nourish in others what you

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Situational Awareness

Know thyself:

What is your moral compass?

Where are you

Mentally? 1-10

Emotionally? 1-10

Physically? 1-10

Spiritually? 1-10

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Developing a Plan of Action

O-rientation- location, weather, opposing forces.

S-ituation- defining the problem you want to solve.

M-ission- statement of purpose, commander's intent, why!

E-xecution- who, what, when, where, how. Greater success is achieved by being very specific.

A-dmin/Logistics- supplies, transportation,

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Baskin Robbins 5,4,3,2,1...

- **All men are created equal.**
  (not all men are treated equal)
- **In the beginning, God...** (just look around if you don't believe God exists)
- **I love you.**
  (not romantic love - Agape love)
- **Genuine concern.**(people don't care how much you know until they know how much you care)
- **Humility.**(when we feel all knowing and all powerful that is when we fail)

General T.S. Jones USMC (ret.)